



**Yes Drew,** I'm sick and tired of being overweight, having no energy, and worrying about my health. I'm ready to make a change! I understand that **my order is fully guaranteed for 60 days** and I will have instant access to the program after ordering so I can start burning fat as soon as today!



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Yes I Want To Lose Weight!



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The Smoothie Diet is a 21-day program designed to help you achieve your health and weight loss goals through the power of delicious and nutritious smoothies. With a carefully curated plan, a variety of tasty recipes, and expert guidance, this program will kickstart your journey towards a healthier lifestyle.

It's just a glass of colourful pureed juice with sweet smelling aroma, and a refreshing taste. If done right, it could be a massive weight loss tool for you. That means you can lose weight without actually starving. Kids loved this and so did everyone at home.

Water is the most abundant thing both on earth and in your body.

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## REAL PEOPLE, REAL RESULTS

**Danielle Lost 8 Pounds in 1 Week!**

"Getting into this diet was so easy and the results were so fast. **After only 1 week on the Smoothie Diet I weighed myself and realized I had lost 8 pounds!** I feel better and more confident than I have in a very long time. I don't have to suck in my stomach to button my pants anymore and I still have to stop to do a double take everytime I walk in front of a mirror."

\*Your results may vary.

Danielle was shocked when she realized that she lost 8 Lbs in 1 week! - Houston, TX

About 70 percent of your body is water. Having smoothies along with breakfast is a great way to replenish the loss of water in your body during the summer. This is ample time to see how following a strategic smoothie plan can bring you closer to

your health, fitness goals.

The Smoothie Diet offers a convenient and effective way to improve your well-being.

By replacing certain meals with nutrient-packed smoothies, you can increase your intake of fruits, vegetables, and essential vitamins and minerals. This program is designed to support weight loss, boost energy levels, and improve digestion. Plus, it's flexible and customizable to fit your needs.

### Sarah Dropped 3 Pounds in 3 Days!

"I've never seen the weight come off like this. I really LOVE this 'diet'! It's more like a life overhaul! I have more energy than I've had in years and my skin is actually glowing! **This is the perfect "Mommy Makeover" I was looking for.** In the last few weeks I wasn't hungry at all, and it is the perfect complement to my busy lifestyle. I know that I am losing weight in a healthy way! My husband has started asking me more frequently if I would make him a smoothie, which is wonderful! Thank you times 10 million!"

\*Your results may vary.



*Sarah used the Smoothie Diet to do a complete "Mommy Makeover" - Tulsa, OK*



*Jade was able to lose her stubborn belly fat and get rid of her love handles - Buffalo, NY*

### Jade Kicked 12 Pounds in 21 Days!

"I've been trying forever to lose the last 10-15 lbs. and tone up and that's exactly what happened so I am very happy. I feel great about myself, I don't find myself holding in my belly anymore and **feel confident about myself and people have noticed that about me too...and my love handles are gone!** I couldn't be happier with this whole program and I definitely recommend this to anyone looking to lose a little or lose a lot."

\*Your results may vary.

This 21 day smoothie diet is a program created by Drew Sgoutas. He did so to help people lose weight without having to go through the turmoil of starvation and also, to enjoy smoothies.

Coach Drew guarantees that his delicious, easy-to-make smoothies can help people lose weight rapidly and, at the same time, can increase their energy and boosts their overall health. His unique approach focuses on personalized nutritional counseling that is centered around the importance of incorporating whole fruits, vegetables, and high-quality ingredients to create smoothies that are not only nutritious but also delicious, offering a practical and delicious approach that anyone can use.

Smoothies with a lot of fruits and vegetables help keep your bowels functioning smoothly. They are usually low in calories and provide you with the daily

phytonutrients, being a part of your healthy diet.

While I don't advocate a long-term strictly smoothie diet for anyone, smoothies are a valuable weapon in your battle for healthy eating. I found the recipes in this program to be very palatable and adapted some of them in my usual day-to-day nutrition plan. But making smoothies and finding the best recipes is time-consuming, and knowing when to drink smoothies for the best results takes a ton of research.

## WHAT MAKES THE SMOOTHIE DIET DIFFERENT?



This is NOT just a big book of smoothie recipes. You're getting the same proven 3-Week weight loss and health improvement program I share with my private clients. The secret that makes the Smoothie Diet so effective is the Custom **3-Week Weight Loss Schedule**. All the smoothies are given in a very specific sequence and frequency to maximize your results. For example the nutrient and ingredient ratios vary week to week to make sure the weight keeps coming off and stays off.

I've used my knowledge as a Health Coach and what I've learned from all my clients to make sure this **program delivers rapid results**. I have meticulously researched specific ingredients and nutrient properties to maximize the effectiveness of this program. All you have to do is replace certain meals with the smoothie recipes I provide and then watch as the pounds melt effortlessly off your body and your energy levels skyrocket

## THE SMOOTHIE DIET 21-DAY PROGRAM

If you're looking for a complete life transformation over the next 3 weeks then you're in the right place! Whether you need to lose the last 5-10 lbs or you want to get rid of 40lbs or more, this will work for you. This diet is extremely flexible so even though this program is 21 days **you can continue using it for as long as you want** to lose as much weight as you want and I explain exactly how.

Dramatic weight loss is only one of the numerous benefits you'll get from this diet. How would you like **more energy, clearer skin, better sleep, sharper thinking, stabilized blood sugar, and more?** You are only 21 days away...

- ✓ You're getting the **FULL 21-DAY WEIGHT LOSS AND HEALTH IMPROVEMENT PROGRAM** I regularly use with my private coaching clients.
- ✓ Over **36 DELICIOUS FAT-MELTING MEAL-REPLACEMENT SMOOTHIE RECIPES**
- ✓ **SHOPPING LISTS FOR EACH WEEK** To Make It Super Simple To Get Everything You Need
- ✓ **SMOOTHIE MAKING TIPS & PREP GUIDE** To Make Sure there is ZERO trial and error and to ensure you spend less time in the kitchen and more time enjoying your new confidence and energy levels!

The Smoothie Diet has done all of the hard work for you, so you can dive right in and start blending up some delicious recipes to achieve your health, fitness and weight loss goals.



Many people believe that smoothies are full of sugar, milk additives, sugars, and other toxins, but such is not the case in The Smoothie Diet. Drew Sgoutas, a health coach, suggests that smoothies be made only from whole fruits and veggies to ensure they contain all the necessary nutritional elements.

It is one of the easy way to live healthier life by making sure to include necessary fruits and greens in daily diet. Basically, all you had to do is smoothies recipes to replace two meals during the day and then eat whatever you want for their other meal.

By strictly following the instructions on this program, you would drastically reduce your daily calorie intake and be on your way to weight loss. With two smoothies and one low carbohydrate meal, it's inevitable that you will see a drastic drop in weight with time.

Not only can you lose weight faster, but you also experience reduced appetite and cravings for unwanted junk foods. It works well irrespective of age and is highly beneficial for overall health.

Around 16lbs doing the 21 day smoothie challenge!Not only has my double chin and retched arm blubber practically vanished, my energy levels have completely shifted also. This revolutionary new regime has been an absolute lifesaver and the results I've had so far have been astonishing!

**"LOSE WEIGHT AND FEEL BETTER THAN YOU HAVE  
IN YEARS... OR IT'S ON ME!"**



**You're covered for a full 60 Days.** If for any reason you decide that this program is not for you, simply drop me an email and let me know and I'll give you a refund...every penny, without questions, without hassles. This is a completely risk-free offer.

Health Coach Drew  
Certified Health Coach



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